



# The Inside Scoop

## Osteoporosis

Tuesday, November 18, 2014

6:30-7:30 p.m.

According to the National Osteoporosis Foundation 54 million Americans are currently living with or are at-risk of osteoporosis and low bone mass. One in two women and up to one in four men age 50 and older will break a bone due to osteoporosis.

Dr. Bhargava, a rheumatologist with Mid-Maryland Musculoskeletal Institute, will provide a better understanding of the disorder, discussing risk factors and how to make the lifestyle changes needed to build and maintain strong bones.

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### **The Inside Scoop: Education & Ice Cream**

3<sup>rd</sup> Tuesday evening of each month

#### **Urbana Senior Center**

**9020 Amelung Street, Frederick, MD 21704**

(located on the lower level of the Urbana Regional Library)

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